



Trends & Traditions



March 2016



Madison Senior Center

ST PATRICK'S DAY CELEBRATION

Join us to celebrate the "Wearin' o' the Green" this month by enjoying a fabulous St. Patrick's Day lunch. For a special treat the Mulkerin Irish Dancers will get your feet tapping with some step dancing.

Thursday, March 17th at 11:30am Fee: \$10



VISIT THE YALE ART GALLERY

We will have a docent-led tour that will focus on four to six key works in the permanent collection from across curatorial departments with a focus on the American collection. The experience is discussion-based and encourages visitors to look closely, ask questions, and talk about what they see.



There will be a little time after the tour to visit the gift shop before we leave. There is no admission fee or tour fee.

Friday, March 4th depart MSC at 12:30 Bus fee: \$3

AARP INCOME TAXES

Get Free Help with Your Tax Return

AARP Certified Tax-Aide counselors provide free income tax preparation assistance for low-and-middle-income taxpayers of all ages, with special attention to those 60 & older. Taxes are prepared **by appointment only**, please call (203) 245-5627 to set one up. Taxpayers **MUST** bring copies of their 2014 tax return, as well as all 1099's for 2015

Tuesdays from 10 to 3 FREE through April 12th



TRAVEL PRESENTATIONS



Tracey Finch O'Neill, from Collette Tours, highlights and ins and outs of traveling to Italy on their trip "Reflections of Italy." If you've always wanted to go to Italy or are dying to get back there, this is your chance to find out all about it.

Monday, March 7th at 10:30am FREE



Rene Dupuis, President of Tours of Distinction, will cover the trip to *Nova Scotia* we are running in July and the trip to *Lancaster County* to the *Sight and Sound Theatre* to see *Samson* in October. Rene will tell you about all the charming villages and shops in Nova Scotia and the exciting International Royal Tattoo (*we are not talking about skin art!*) you will see on the trip to Nova Scotia. Then he'll talk about the amazing spectacle that is *Samson* at the Sight and Sound theatre in Lancaster County Pa.

Monday, March 21st at 1:00 pm FREE

For more info on these trips see pg. 8 of this newsletter.



Basic Italian

Explore this melodic language through Italy's rich culture, customs and traditions. Learn common expressions and phrases in a relaxing 4-part class. This new course offers an appreciation of all things Italian.

Instructor: Elaine Jackson 4

Mondays, April 4th-25th at 10:30 Fee: R\$36 | NR\$46

The Adventurous Culinary Club

La Foresta is a large restaurant in a beautifully renovated barn in Killingworth serving Northern Italian cuisine. "...exciting, modern, a little bit sophisticated but (*departing from the trendy playbook*) exuberantly bountiful. If you're secretly a little sick of fiddling around with a slew of tapas, tacos, nibbles and bites, you'll be in seventh heaven here. But not to worry, if huge portions daunt you, the staff is ready with share plates, pastas are available in whole or half portions and the kitchen will obligingly wrap whatever you wish to take home.

Monday, March 14th leaving MSC at 11:45 Bus Fee: \$2





MADISON SENIOR CENTER
29 Bradley Road, Madison, CT 06443

PHONE: (203)245-5627

FAX: (203) 318-0670

WEBSITE: www.madisonct.org/seniors

HOURS: Monday-Friday 8:30-4:00pm

SR. COMMUNITY CAFÉ
(203) 245-5627

DIAL-A-RIDE (203)245-5627

Operates on Mondays, Wednesdays and Fridays only. 48 hour notice required.

MUNICIPAL AGENT FOR THE ELDERLY (203) 245-5687



SENIOR COMMISSION

- Vice-Chairs..... Dr. Gerard Kerins
- Wendy Oberg
- Members..... James Ball
- Craig Bernard
- Patricia Melady
- Sheri Puricelli
- Marcy Sanders

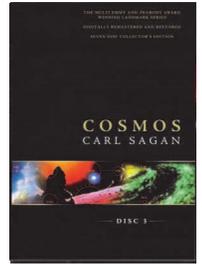
The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be March 10th, 2016 at 5:30pm

SENIOR CENTER STAFF

- Director of Senior Services.. Austin Hall
- Asst. Director Heather Castrilli
- Program Coordinator Ellie Gillespie
- Receptionist Peggy Zambarano
- Chef Kevin Wolfe
- Server Yamilette Moshier
- Server Stephanie Jacoboski
- Bus Driver: Michael Rand
- Bus Driver: Helen Sneider
- Bus Driver: Dennis Marron
- Bus Driver: Tina Macero

COSMOS

“Astronomer Dr. Carl Sagan is host and narrator of this 13-hour series that originally aired on PBS in the United States. Dr. Sagan describes the universe in a way that appeals to a mass audience. He uses Earth as a reference point, by speaking in terms intelligible to non-scientific people, by relating the exploration of space to that of the Earth by pioneers of old, and by citing such Earth legends as the Library of Alexandria as metaphors for space-related future events. Among Dr. Sagan's favorite topics are the origins of life, the search for life on Mars, the infernal composition of the atmosphere of Venus and a warning about a similar effect taking place on Earth due to global pollution and the "greenhouse effect", the lives of stars, interstellar travel and the effects of attaining the speed of light, the danger of mankind technologically self-destructing, and the search, using radio technology, for intelligent life in deep space.”



Wednesdays and Thursdays, March 9th through the 30th at 1 pm FREE

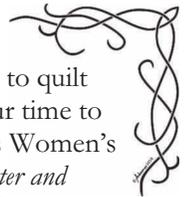
Lunch with Tom

Come enjoy lunch with our First Selectman, Tom Banisch. Tom joins us on the third Tuesday of every month to have lunch and chat with Madison seniors. Bring your questions, concerns and compliments. *Please remember to make a reservation for lunch, the day before, by noon.*
Tuesday, March 16th, at 11:30 Lunch Fee : \$4



“Quilts of Joy” with Ellen Olson

If you are someone who can sew, cut or iron or wants to learn how to quilt and contribute your time, join us for “Quilts of Joy.” Volunteer your time to help create beautiful quilts that are being donated to New Horizons Women’s Shelter in Middletown. Please bring scissors, pin cushions (*rotary cutter and board if you have one*) and an excitement for quilting! Please call to register.
Meets Tuesday’s from 1:15-3:30 FREE



Mah Jongg Game Play

It’s a game of skill, strategy and a certain degree of chance. Lots of opportunities to play at MSC.

Monday: 11:30 - 3:30pm
Wed.: 9:30-12 & 11:30 - 3:45pm
Thurs: 12 - 3:45pm
Fridays: 9:30-12 & 11:30 - 3:45pm
All are welcome!



Crochet with Mrs. Wimble

Learn how to make beautiful crocheted bags from your recycled plastic shopping bags. Please bring 2-3 colored bags, scissors and a large crochet hook, size (7-10).
1st Wednesday of the month, 1-3pm.



Ongoing Activities at the Senior Center

Bridge	Thursdays & Fridays	1 – 4 pm
Canasta	Tuesdays	1 – 4 pm
Crocheting Bags	1st Wednesday of the Month	1 - 3 pm
Hand & Foot	Fridays	1 – 4 pm
Poker	Wednesdays	12:45 - 3pm
Knitting Group	Tuesdays & Thursdays	10am - 12pm
Walking Club	Mondays, Tuesdays & Wednesdays	10am

REMINDER: SENIOR & DISABLED TAX RELIEF PROGRAM

Tuesday, February 2nd – Friday, May 14th

The Town of Madison and State of CT offer tax relief for elderly and/or totally disabled residents that own and occupy their property as a primary residence. There are income, age, and residency requirements in order to be eligible and qualify for the program. Please stop into the Senior Center for a complete list of guidelines. **2015 income taxes must be filed prior to appointment. Maximum Annual Income: \$63,660.**

TAX DEFERRAL PROGRAM

Intake begins Tuesday, February 2nd

Eligible participants can defer payment of the real estate taxes for as long as they meet the qualifications of the program. Deferral of taxes cannot exceed \$8,000 in any one tax year. Tax deferrals will be secured by a lien in the full amount and an interest rate is charged. The current interest rate is 1%. An applicant must first apply for the Tax Relief Program to be eligible for a deferral. **2015 Maximum Annual Income: \$63,660. (2015 Income guidelines not available at time of printing)**

RENT REBATE Application Intake begins Monday, May 16th, 2016

If you rented an apartment in CT in 2015 and would like to file for the rent rebate program. Please contact your electric company, landlord, the water company, and heating company to get proof of payments made in 2015.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Energy Assistance helps to offset heating expenses during the winter. All fuel sources welcome to apply. Income and assets are counted for all members living in the household who are benefiting from the heat. Asset limit for homeowners is \$15,000 & for renters is \$12,000. Proof of all income, rent, & utility expenses, & bank statements for the month prior to the application date are required.

Monthly Income Guidelines: Single: \$2761 Couple: \$3610

MADISON SENIOR CENTER DINING PROGRAM ASSISTANCE

Beginning August 3rd, The Madison Senior Center new lunch program changed for the better. We have hired a Chef, Kevin Wolfe, who will prepare lunch in our kitchen each day for the seniors of Madison. The cost of the program is \$4.00 per meal. We understand that the cost could be burdensome for some seniors and we have developed the following guidelines for assisting those who cannot afford to eat at the Senior Center each day. We will use Energy Assistance guidelines to help us determine what level of assistance you can receive. Please see the guidelines listed below:

Income

<\$990/Month

\$991-\$1,238/Month

Number of Possible Meals Subsidized Per Week

4 meals/week maximum

3 meals/week maximum

This program is run off of a donation from Neighbor to Neighbor and is on a first come, first served basis. To seek further information on the program, please see Heather Castrilli or call (203)245-5627



MADISON COMMUNITY SERVICES FOOD PANTRY

The food pantry is operated by **Madison Community Services** and available for those residents who need the assistance. The Pantry is located at Orchard Park off Mungertown Rd. and is open on Wednesdays from 11:00 AM – 3:00 PM. **Transportation is available through the Senior Center. Regular Bus Pick up will be around 12:30pm for those needing a ride.**

Food Pantry Homebound Delivery - If you are unable to leave your home but would like to use the pantry, arrangements can be made to have a delivery to your house. Volunteers deliver food from the pantry on Wednesday mornings. A qualifying person will be unable to physically go to the food pantry. Please contact Heather to register for this program.



SNAP PROGRAM (Formerly Food Stamps)

Helps offset food expenses. Money is given to eligible participants monthly, on an EBT debit card to use at local grocery stores. **Monthly Max. Income: Single: \$1,815, Couple: \$2,456.**

CAREGIVER SUPPORT GROUP

Join VNA's Caregiver Support Network expert, for an interactive, confidential support group. Share experiences, discuss ideas and problem-solve with other caregivers. Discuss different options such as: Curative, Palliative or Hospice Care. Discover ways to be mindful in healing from grief. Group meets the 3rd Tuesday of the month. **Tuesday, March 15^h, 11-12.pm FREE**



Aging: The Good, the Bad, and the Ugly with Taffy Bowes, LPC

We face a host of challenges as we age—loss of relationships, leaving jobs, time to “relax,” bionic parts, “downsizing.” If you are interested in discussing the challenges and issues we face as we age, Taffy Bowes, semi-retired, sage counselor will be leading a discussion group on these topics. All are welcome!

Topic: Our perspective on the world when we were 15.

Monday, Mar. 7th at 1:00pm Free

Bingo!

Dessert Bingo with Watrous
Friday, Mar. 4th at 1pm

St. Margaret's Bingo
Wed., March 9th at 11:30 am



CREATIVE WRITING

Write and share your thoughts, values and life lessons with other Seniors, and as a legacy for your children. Stimulating topics will be suggested each week and may be expressed in prose or poetry as fiction or creative non-fiction. Attendees should be good listeners, maintain confidentiality, with willingness to share and contribute to discussion.

Mondays, 1:15-2:15pm Free



Public Utilities Regulatory Authority (PURA) Coming to Madison Senior Center



Did you know customers of Eversource or United Illuminating can choose their own electric supplier? Staff from PURA will explain the process and provide information about licensed electric suppliers, how you may reduce your monthly electric bill by switching suppliers and whether choosing a supplier is right for you. They will cover such topics as:

- *Where to find information about choosing an electric supplier*
- *The new information provided on the first page of your electric bill*
- *How to compare electric rates*
- *The opportunity to lower your bill*
- *Being cautious in this market.*

Bring a copy of your electric bill and speak with one of PURA's Representatives. Please call (203) 245-5627 and register for this event.

Tuesday, March 22nd at 10:30 am

FREE



Novice Duplicate Bridge Game



Begin the session with a mini-lesson with the instructor. The games that follow will be “supervised,” meaning that you can ask questions about bidding or plays as you play the hands. It is best to come with a partner, but if you can't find a partner, you can call the instructor, to be paired with someone. No reservations.

Director: Connie Graham 860-505-7833

Friday's - 12:15- 3:30

Fee: \$6 per session

Senior Newcomers' Club

Have you just relocated or recently retired to the Shoreline? We welcome you to join our newcomers club designed to acquaint new residents with the community. We look forward to meeting you for fun, friendship and great conversation! Club organizer: **Jennie Owens**

This month will be a luncheon meeting so remember to sign up for lunch by noon on Thursday, March 3rd.

Friday, March 4th

11:30

The Friday Movie Matinee at MSC

All movies begin at 1:00

3/4 “Good Will Hunting”

3/11 “1776”

3/18 “Lincoln”

3/25 CLOSED for Good Friday

We are grateful to the Schiller Shoreline Institute of Lifelong Learning for providing these movies.

MSC ART GALLERY

View our latest exhibit by Bonnie D'Lizareas. The show will run from Feb. 9th through April 5th and is open Monday thru Friday from 8:30am-4pm (Please call the senior center for alternate times.)

The Art Gallery is a rotating gallery with a new local artist every 6 weeks. If you are an artist or know of a local artist with interest in exhibiting, please contact the Senior Center.

Shopping & Adventures!

Minimum of 5 people.
Bus fee: \$2 depart MSC at 12:45pm

Monday, March 7th Trader Joes in Milford
Monday, March 21st Shopping in Old Saybrook





LEGAL ASSISTANCE

Thurs., Mar. 17th 9-10am

Attorneys from Cronan and Shields offer private 15 min. counseling services. Call the MSC for an appointment.



HANDICAPPED PARKING PERMIT APPLICATION

Available in the Senior Center office

MEET, MINGLE & MUNCH SOCIAL GROUP

Do you like to do things, but not alone? At the 3 M's social group you can join others for activities and fun events. Social hour is at 5pm on the 2nd Thursday of the month at a local restaurant.



Mar. 10th at The Madison Beach Hotel.



Ask the Nurse

The VNA holds a Nurses Clinic on the 2nd and 4th Tuesday monthly. Check your blood pressure, pulse and weight; assess your health and work to set goals. The Nurse can also review your medications and help you to create a medication list, and discuss how to prepare for an appointment with your doctor. 12:30 pm on: Tuesdays, March 8th and 22nd

DIAL-A-RIDE

M, W & F 8:45am to 3:30pm (203) 245-5627.

Transportation for elderly and disabled Madison residents. Rides are given in a 14 town region for medical appointments, & personal business. Minimum 48 hour notice needed.



SENIOR CENTER BUS

Monday - Friday 9am to 3:30pm A fixed route service to the MSC, downtown, & grocery shopping.



TECH SUPPORT

Have an iPad or a smart phone and don't know how to use it? Get all your questions answered for free at the Madison Senior Center. Scranton Library Teen Advisory Group and Madison Youth & Family Services will be offering free learning sessions. Teen Volunteers will be available to answer your questions.

Monday, March 28th from 4-5pm Please register with **Jessa Franco** at the Scranton Memorial Library (203) 245-7365, to receive updates regarding cancellations and changes.

MEALS-ON-WHEELS

by Madison Senior Center Meals delivered around noon to the homebound or recently recovering. Need 5 days notice & a doctor's referral.



SENIOR CAFÉ

Monday through Friday at 11:30am Fee: \$4.00

Reservations needed the day before by 12pm. Call (203) 245-5627.



MASSAGE THERAPY

Loosen up those tight muscles and get the blood flowing with a twenty minute chair massage. Let an experienced massage therapist help you achieve your wellness goals and feel better in the process.



Licensed Massage Therapist Susan Graham Friday, Mar. 18th Fee: \$24 Call Senior Center for appointment.

HEARING CLINICS

Nancy Jablonski, from **Audiology Concierge** will be at the Madison Senior Center on the 3rd Monday of every month, for free hearing testing, hearing aid checks, wax inspection, and listening demonstrations. Monday, March. 21st By Appointment Only



HEALTH PROGRAMS

Benefits of Exercise for Arthritis

Ease your arthritis pain by discovering how exercise can help, discuss overcoming excuses, discover how to establish a regular routine, learn how to exercise safely. Provided by the VNA Friday, Mar. 18th at 1 pm **FREE**

Osteoporosis

Join Mary Jane Fegan, DPT from Rehab Concepts Physical Therapy March 29th at 10:30am for a presentation on Managing Osteoporosis. Learn about risk factors and practical advice on ways to alleviate the symptoms of Osteoporosis. Tuesday, March 29th at 10:30am **FREE**



BRIDGE BASICS 3:

Popular Conventions



Popular Conventions, the third book in Audrey Grant's Bridge Basics series, covers everything from playing at a party table to a duplicate table. Popular Conventions teaches you the core conventions that will strengthen your game - it introduces you to the Stayman convention, Jacoby transfer bids, the strong artificial two club opening, Blackwood and Gerber. Other popular conventions will be covered as time permits. (8 weeks) Instr: Don Brueggemann Tues., March 15th 10 to 11:30 am Fee: R\$60 | NR\$70

ART 101



Come get your creative juices flowing! This popular class provides instruction in drawing, pastel, watercolor, acrylic and oil.

Tuesdays 1:30-3:30pm Instr: Muriel Waldvogel 2nd Semester Fee \$5

Exercise With Patty Velleca



CHAIR EXERCISES

Seated exercise. Increase muscle tone, joint flexibility, and cardiovascular strength.

Mondays - 10:30 to 11:30am

March 7th - 28th

R\$17 | NR\$27

4 classes

Minimum Enrollment: 10

Fridays - 10:30 to 11:30am

March 4th - April 1st (no class 3/11, 25)

R\$14 | NR\$24

3 classes

Minimum Enrollment: 9

SENIORS IN MOTION

Standing & chair exercises to help improve balance, strength, and stability.

Wednesdays - 10:30 to 11:30am

March 2nd - 30th

R\$24 | NR\$34

5 classes

Minimum Enrollment: 9

EXERCISE & RELAX YOGA

Hatha Yoga is used to increase circulation and relaxation. Yoga postures provide deep tension release, self-control, and they increase energy.

Mondays 9:30-10:30am

March 7th - 28th

R\$42 | NR\$52

4 classes

Minimum Enrollment: 4

Tuesday's 9:30-10:30am

March 1st - 29th

R\$35 | NR\$45

5 classes

Minimum Enrollment: 6

FITNESS & MOVEMENT

Low impact aerobics for continuing good health. Cardiovascular workout with muscle and joint strengthening. Light weights will be used.

Wednesdays - 9:00 to 10:00am

March 2nd - 30th

R\$42 | NR\$52

5 Classes

Minimum Enrollment: 5

Fridays - 9:00-10:00am

March 4th - April 1st (no class 3/11, 25)

R\$16 | NR\$26

3 Classes

Minimum Enrollment: 8

**Please Note: New Session
Registration Deadline:
Monday Feb 29th.**

TAICHI



T'ai Ch'uan is a gentle way to nourish body, mind, and spirit. Slow movements can improve health, vitality, balance, and concentration. Instructor: S. Hanley **Mar. 28th - Apr. 25th (5 weeks)**
Fee: R\$27 | NR\$37 9-10 am
Minimum Enrollment: 9



No Excuses Tap Dance Club

Tap dancing is not only great exercise, it's also great for your memory, sequencing skills, large and small motor skills, balance, core muscle work, right and left brain work, a great workout, and fun too! Dancers get together to practice weekly without an instructor.

Instructor Annette Smith will be here on Mar. 10th **Fee is \$12.00**

Tap shoes & registration required.

Thurs. from 10-11am **FREE**

Walkie Talkies

If you are tired of walking alone and want to meet other walkers. Walk with us weather permitting on **Mon. & Tues. at the MSC at 10 am.** Walking the Madison section of the *Shoreline Greenway Trail* on **Wednesday's at 10,** starts at Hammonasset State Park. A new parking area is now available just east of the main entrance, on Rte 1.

Indoor Walking is available during unscheduled hours at the Town Gym. Please see Ellie for the details and schedule.



Laughter is the Best Medicine

A couple are sitting in their living room, sipping wine. Out of the blue, the wife says, "I love you!" "Is that you or the wine talking?" asks the husband. "It's me," says the wife. "Talking to the wine."

EXERCISE CLASSES WITH KRIS

The "exercise pass" is good for 5 or 10 classes taught by Kris and is valid until the end of the fiscal year of purchase. **Fiscal Year ends: June 30th, 2016.**

5 - Class Pass - R \$40 | NR \$50

10 - Class Pass - R \$80 | NR \$90

ZUMBA GOLD

Latin inspired, easy-to-follow, calorie burning, dance fitness-party. Feel the music and let loose.

Mondays at 1:00 Thursdays at 11:10



Ballroom Line Dancing

Reminisce with songs and dances you love, enjoy the memories they evoke while having fun and getting fit.

Instructor: Karen Pfrommer (6 classes)

Mon., Feb. 29th - Apr. 4th 2-3pm

Minimum: 9 **Fee: \$24R | \$34NR**

Meditation & EFT

Take an epic journey into your own consciousness! Meditation is a practice that refreshes the mind, expanding your capacity for happiness, well-being, love, creativity and ease. Learn to live your life with less stress and anxiety and create more clarity, focus, compassion and joy. A regular practice of meditation creates changes in the brain physiology and can alter our genes! This 8 session course is designed for those new to meditation as well as for experienced meditators. We will also incorporate EFT, (Tapping) an effective technique to reduce anxiety, chronic pain, addiction, stress, weight control and more. It calms the nervous system and helps to restore balance to the body. **Inst: Beth Lazor** **FREE**
Weds. and Fris. in March at 10:30am

Book Club



The next meeting will be **Mar. 31st** discussing **"Go Set the Watchman"** by Harper Lee. Meetings are on the last Thursday of the month and begin at 1 pm

**Mohegan Sun Friday**Friday, March 11th

Every turn leads to a new adventure. Food vouchers & bet coupons included. **Depart MSC at 9am.**

Fee:\$7

To register for the Mohegan trips: The Mohegan trip take place on the second Friday of every month. Madison residents may sign up starting on the Monday following the trip. Out of town residents may sign up on the Thursday following the trip. You do not need to wait for the month in which the trip is happening to register.

National Cherry Blossom Festival

Washington, D.C.

April 1st – 3rd

Washington, DC welcomes the arrival of spring with the National Cherry Blossom Festival, a tradition that showcases the beautiful gift of 3000 cherry trees that the city of Tokyo gave to our nation's capital. The blossoming cherry trees symbolize the arrival of spring and brighten the area surrounding the Jefferson Memorial on the Tidal Basin with their vibrant pale pink and white flowers. Trip includes visits to: World War II Memorial, FDR Memorial, Iwo Jima Memorial, Lincoln Memorial, Viet Nam Memorial, Korean War Memorial, Jefferson Memorial surrounded by the Cherry Blossoms at the Tidal Basin, Washington Monument. Tour-mobile through Arlington National Cemetery, Changing of the Guard Ceremony at the Tomb of the Unknown Soldiers, US Capitol & White House photo stop, Smithsonian Buildings (American History, Natural History, Air & Space, African Art, Indian Art, National Gallery of Art, Hirshhorn Museum & Sculpture Garden Trip includes: Motorcoach Transportation, 2 nights at the Marriott Falls Church, 2 breakfasts, 1 dinner at Buca de Beppo. Time of Departure is TBA. **Departing from the Commuter Parking Lot at exit 61. Registration deadline Mar. 14th Single: \$549, Double: \$439, Triple/Quad: \$417, Child sharing with 2 adults: \$329.**

Intrepid & Enterprise

New York City

Saturday, April 30th,

The Intrepid Sea, Air, & Space Museum, located on the West side of Manhattan, showcasing the World War II Aircraft carrier USS Intrepid, the submarine USS Growler and a Concorde supersonic airplane. The Intrepid is also host to OSO Manhattan, a USMC recruiting station. Also enjoy the Space Shuttle Pavilion. Within the Pavilion, Enterprise sits just 10-feet off the ground, allowing visitors to walk directly underneath this historic artifact. Striking images, descriptive texts, dramatic lighting and immersive video experiences reveal the space shuttle orbiter as both experimental space plane and space ship and a vehicle that enables a greater understanding of science and technology. Light lunch aboard the Intrepid includes: Sandwich choice: Ham, Turkey, Chicken, Roast Beef, Cheddar Cheese, Cookie and a drink. Trip to Times Square to conclude your day Time of Departure is TBA. **Departing from the Commuter Parking Lot at exit 61- Registration deadline Apr. 11th Fee: \$119**

68th Annual Albany Tulip Festival

Mother's Day Weekend

Saturday, May 7th

Vendors...Food...Tulips & More! A highly anticipated spring tradition continues when over 100,000 tulips blossom into a sea of colors just in time for Mother's Day. There will be children's activities, craft vendors, delicious food and multiple stages with nationally acclaimed musical performances. On Saturday afternoon, The Albany Tulip Festival Queen will be crowned. Time of Departure is TBA. **Departing from is the Commuter Parking Lot at exit 61 Registration deadline Apr. 18th Fee: \$88**

Kykuit Mansion

Hudson River Valley

Thursday, May 12th, 2016

First stop is the world acclaimed Donald M. Kendall Sculpture Gardens, that includes work by Alexander Calder, George Segal, Louise Nevelson and David Smith. After viewing the gardens you will have lunch at the Sunset Cove Restaurant, where you will enjoy a wonderful buffet luncheon that includes a pasta station, chicken, assorted gourmet salads, vegetables and a variety of desserts. After lunch you will head over to Kykuit: the Rockefeller Estate, home to 4 generations of Rockefellers, this landmark has been meticulously maintained for over 100 years. Your tour will take you to the main rooms of the 6-story stone house then you will move through the, terraced gardens containing Gov. Rockefeller's collection of Picasso tapestries, and the cavernous Coach Barn, with its collections of classic automobiles and horse-drawn carriages. **MSC depart time TBD Fee: \$131**

Lobsterfest Matinee

Newport Playhouse

July 26, 2016

"Unnecessary Farce" two cops...three crooks...eight doors...Go! This combines all the elements of classic farce with a contemporary American Plot. From the moment you enter the cabaret room until the moment you leave, hosts, wait staff, cast and crew stand poised to pamper you, entertain and make sure you have a wonderful time. The tiered seating ensures everyone has a good view. The Newport Playhouse has found the perfect formula, a fabulous buffet, light comedies and an afternoon theatre cabaret. Sample menu: 1¼ lbs boiled lobster, peel & eat shrimp, mussels in wine & herbs, fresh corn on the cob, roasted chicken, roasted potatoes, tomato salad, tuna salad, BBQ chicken, glazed sweet potatoes, ham, baked beans, watermelon, strawberry shortcake, pudding, jell-o, coffee & tea Time of Departure is TBA. **Departing from the Commuter Parking Lot at exit 61 Registration deadline July 5th Fee: \$115**



Rhinebeck Arts Festival & Hudson River Cruise

Saturday, June 25

The Rhinebeck Arts Festival is located in Rhinebeck, NY in the heart of the Hudson Valley. It is a perfect destination for an early summer outing! Locals and tourists will have the opportunity to meet a unique mix of emerging and seasoned artists whose extraordinary skill and vision help make this one of the region's most anticipated annual events. Cruise the majestic Hudson River on board Hudson River Cruises. Trip includes round-trip motorcoach transportation, admission to the Rhinebeck Arts Festival, and Hudson River Cruise- lunch at the festival on your own. Time of Departure is TBA. *Departing from the Commuter Parking Lot at Exit 61*
Registration deadline Jun. 6th
Fee: \$93

Nova Scotia, Prince Edward Island & the International Royal Tattoo

Friday, July 1st - Thursday, July 7th

7 days, 9 meals: 4 breakfasts, 5 dinners. Trip highlights include: **Day 1** Travel to Portland, ME on a deluxe motorcoach. Dinner at the famous DeMillo's floating ship restaurant, then board the Nova Star Cruise ship for cake and coffee with the Captain. **Day 2** Have breakfast on the Nova Star and then tour the Eastern Coast of Nova Scotia with special sightseeing stops in Lunenburg, and Peggy's Cove. Staying at the Lord Nelson Hotel for 2 nights in the heart of Halifax. Dinner is included at a Halifax harbor-front restaurant. **Day 3** Start with a Halifax City Tour then move on to today's featured attraction, the *2016 Royal Nova Scotia International Tattoo*. More than 800 of the world's best pipers and drummers, musicians, vocalists, choirs, dancers, gymnasts, acrobats, military display teams and police drill display teams assemble each year at the Royal Nova Scotia International Tattoo. It's patriotic, colorful and Royal Canadian start to finish. **Day 4 & 5:** We go to Prince Edward Island (PEI). Spend two nights at the Hotel Charlottetown. A PEI Lobster dinner is included on the first night. Charlottetown is ideal for walking and exploring. Breakfast is included on Day 5. You will go to the Home of Anne of Green Gables and the PEI National Seashore, go to an Oyster Talk & Taste in Cavendish and dinner at Fisherman's Wharf in North Rustico. **Day 6:** You'll cross the Confederation Bridge from PEI to Cape Tormentine, New Brunswick. Traveling to Magnetic Hill, through the city of Saint John and along the Fundy Coast to Calais, ME. Shop at Duty Free before continuing to Bangor where overnight lodging and dinner is provided. **Day 7:** Breakfast in Bangor and time permitting a stop in Boothbay Harbor which is filled with little shops and inviting restaurants. **Deposit of \$250 each due by April 10, payment in full due by May 20. Travel insurance is available. Double \$1667pp, Single \$2292pp, Triple \$1617pp. Travel Presentation: March 21st at 1:00. Departing from the Madison Senior Center, time TBD**

Samson, Sight & Sound Theatre & Longwood Gardens

Depart Tuesday, October 4th - 6th

3 days, 2 nights, 2 breakfasts and 2 dinners. **Day 1:** Arrive at the Sand's Casino in the afternoon where you'll receive a \$20 Free Play and a \$5 Meal Voucher. You'll be staying at the 4 star Double Tree Hilton Hotel in the center of Reading, PA, enjoy a private wine and cheese reception before dinner and then enjoy a brand new musical show. **Day 2:** Enjoy a full breakfast buffet at the hotel before traveling to **Lancaster County** to hear a "Chalk Talk" given by an Old Order Mennonite artist who will captivate you with her story and artistry in chalk. Then on to *Kitchen Kettle Shopping Village* before taking our seats at *Sight and Sound Theatre* for "Samson." The story of the world's first super hero, is filled with colorful characters, extraordinary feats of strength and amazing special effects. When Samson stands between two colossal columns in a godless temple and starts to push - it will literally bring down the house! Dinner included after the show. **Day 3:** Following breakfast travel to **Kennett Square, PA** to visit the beautiful **Longwood Gardens**. The original gardens, designed by Pierre S. du Pont, set on 1,077 acre property are a sight to behold. **Double: \$467.00pp, Single: \$541.00pp Triple: \$414.00. Trip Insurance is \$28 for all passengers in single, double or triple occupancy. \$50.00 tour deposit due with reservation, Final payment due August 29. Departure from the Madison Senior Center time TBD. Travel Presentation: March 21st at 1:00.**

Reflections of Italy

Depart Monday, October 10th - October 20th

10 Days, 13 Meals: 8 Breakfasts, 1 lunch, 4 dinners. **Trip highlights** are Rome, Colosseum, Assisi, Perugia, Siena, Florence, Chianti Winery, Venice, Murano Island and Milan Malpensa. Tour begins in Rome. Here you will tour impressive **Venezia, the Circus Maximus, the Arch of Constantine**, the famous **Piazza Navona** and the **Colosseum**. Travel to **Assisi**, birthplace of St. Francis. Take a walking tour of the old city including the **Basilica of St. Francis**. Then you're off to **Perugia**, the historic capital of Umbria. Behold the grandest squares-the **Piazza IV November** and delight in medieval palaces and ornate cathedrals. Next enjoy a scenic journey through **Tuscany** which brings you to the mystical city of **Siena** to explore. Arrive in **Florence**, "the Cradle of the Italian Renaissance," and visit the world-famous **Academy Gallery** to see **Michelangelo's incredible Statue of David**. You'll also view the **Cathedral of Santa Maria del Fiore**, the **Palazzo Vecchio** and the church of **Santa Croce**. Visit **Venice**. Enchanting Venice awaits with 117 tiny islands, 150 canals and 400 bridges. Take a boat (weather permitting) bound for **Murano Islands**. Travel to **Milan** to enjoy some of the city's amazing sights on a locally guided panoramic tour, including **Duomo**. The trip will conclude in **Milan Malpensa** for a farewell dinner. Price Includes: Round Trip Ground Transportation to and from airport, round trip air from J.F. Kennedy International, Air Taxes and fees/surcharge, and hotel transfers. Not included is cancellation waiver insurance of \$260 a person. There are additional pre-paid trip options such as: The Vatican museums and St. Peter's Basilica (\$80.), Tuscan Feast (\$85.), Rome By Night (\$89), (Venetian Serenaded Gondola Cruise (\$75.) A deposit of \$250 by April 4th will save \$100 per person. **Double \$4349pp, Single \$5,049pp, Triple \$4,299pp. Travel Presentation: March 7th at 10:30.**

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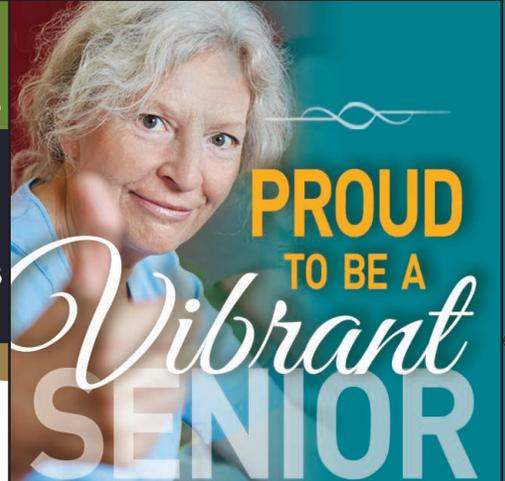
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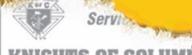
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March



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Italian Wedding Soup, Pizza, Tiramisu	2 Chicken Noodle Soup, Pulled Pork Sandwich with Broccoli Slaw, Pineapple Upside Down Cake	3 Tomato Rice Soup, Grilled Chicken Topped with Swiss Cheese and Asparagus, Jello	4 Seafood Chowder, Swordfish Grilled with a Cantaloupe Chutney, Peach Shortcake
7 Cream of Spinach Soup, Tortellini with Sausage, Baby Vegetables and Vodka Sauce, Chocolate Pound Cake	8 Curried Chicken and Lentil Soup, Grilled Chicken Alfredo Fettuccini, Cookies	9 Broccoli and Cheese Soup, Balsamic Braised Chicken, Blueberry Pie	10 French Onion Soup, Pork Marsala and Ice Cream	11 Seafood Gumbo, Lemon and Herb Roasted Cod with a Potato Puree and Brownies
14 Beef Barley Soup, Beef Roulade, Cinnamon Apple Cake	15 Cream of Cauliflower Soup, Turkey Francaise with Garlic and Roasted Tomato Pasta, Orange Cake	16 Split Pea Soup, Crab Quesadilla and Chocolate Peanut Butter Pie	17 St. Paddy's Day Potato & Leek Soup, Corned Beef and Cabbage, and Bailey's Cream Pie \$10	18 Tomato Soup, Stuffed Flounder, Cheese Cake
21 Garden Salad, Chicken Parmesan Chocolate Cake	22 Chicken Vegetable Soup, Tuna and Swiss Melt on Croissant, Apple Pie	23 Cream of Asparagus Soup, Cheese Ravioli with Tomato Basil Sauce, Chocolate Pudding	24 Pasta Fagioli, Vegetable Lasagna, Ice Cream	25 MSC is Closed in observance of Good Friday
28 White Bean and Sausage Soup, Chicken Piccata with Toasted Orzo and Pecans and Parfait	29 Chicken Lentil Soup, Roast Rack of Pork with Exotic Mushroom Pasta, Vanilla Pudding	30 Beef Minestrone Soup, Beef Bourguignon, Black Forest Cake	31 Manhattan Clam Chowder, Gnocchi with Gorgonzola Pignoli Cream, Lemon Cake	<p><i>Please remember to call for your reservation for lunch at (203) 245-5627 by 12 Noon the day before you plan to attend. Lunch is \$4.00 and is served at 11:30.</i></p> 

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